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Written on MAY 22, 2012 AT 8:00 AM by JWICK

# Reaching out to behavioral health resources

Filed under FAMILIES, FLEET AND THE FLEET MARINE FORCE, FORCE HEALTH AND SAFETY

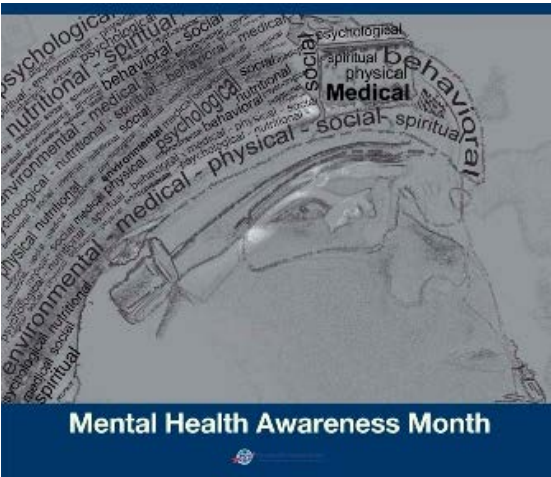
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From DoD Office Of Wounded Warrior Care and Transition Policy

May is [Mental Health Awareness Month](#) and was created to increase awareness about symptoms and treatments for various psychological health concerns and reduce stigma in seeking help. According to the [Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury \(DCoE\)](#), psychological health is more than how we think, feel and act. It helps determine our ability to cope with stress, relate to the people in our lives and make day-to-day choices. Stigma prevents many Service members, veterans, and families from seeking help. However, leaders at all levels, chaplains, medical personnel, family members and local community members perform a key role in helping Service members maintain psychological health.

There are many resources available to help support the psychological health needs of those within the military community. These resources are designed to inform Service members, veterans and families about how to maintain psychological health, cope with concerns and access care:

- [DCoE Outreach Center](#)
- [Real Warriors Campaign](#)
- [TRICARE Mental Health Resources](#)
- [Afterdeployment.org](#)
- [Mental Health Self Assessment Program](#)
- [Deployment Health Clinical Center Specialized Care Programs](#)
- [The National Center for Telehealth & Technology \(T2\) Mobile Apps](#)
- [Department of Veterans Affairs Mental Health Resources](#)



Families and caregivers need support as well to avoid [compassion fatigue](#). In order to help others, caregivers must take care of themselves. For Real Warriors Campaign [helpful tips](#) on

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building resilience see below:

- Focus on the positive impact of what you are doing
- Talk to your colleagues/family for support
- Set boundaries for yourself
- Stay physically fit
- Avoid comparing yourself with others
- Be patient with yourself
- Find tools for resilience

Resources for families and caregivers are also available:

- [Children of Military Service Members Resource Guide](#)
- [Psychological Health Programs and Services for Military Children](#)
- [A Guide for Caregivers of Service Members and Veterans](#)
- [VA National Caregiver Support Line](#)

Utilize these resources to start a discussion about psychological health for yourself or someone you know. For more resources or information, trained health professionals are available at the [DCoE Outreach Center](#) 24/7 by phone, email or live chat. The [National Resource Directory](#) also provides additional resources at the national, state and local levels.

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